

# theMillwatermag

Your FREE  
monthly magazine  
of all things Millwater  
August 2018

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4th  
Birthday!

Keeping Millwater a Safe Community

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Millwater Property Talk with Grayson



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## Editor's note

Welcome to our fourth anniversary edition! Dry July started wet, weather-wise, but the booze was firmly off the radar for the entire month. How was it for you? This month's delicious whisky was tasted late June and can now be savoured just that little bit more, in celebration of four great years working on our very own community magazine...



We are starting to re-visit the original "Where do you Think you Are" features, which gave the background to the street names where we live, and are considering how best to extend this to the newest areas in Millwater. The first few street-naming stories can be found in the early archive editions of **theMillwatermag** online.

The generosity and compassion of Millwater folks continues to humble and make me proud to be part of this great community. A recent appeal for tinned food for Ronald McDonald House produced a veritable avalanche of gifts – all were gratefully received and all will be used by them. You will have seen the Facebook posts about this.

An appeal for \$250 business sponsorship for Community Patrol to put on another rego plate screw replacement day was picked up within 2 minutes by Dougall Cameron of Total Security Group – yet more proof of our great Millwater community spirit! Dougall's business also features in our Biz Buzz this month.

Right on our doorstep, Centrestage Theatre continue to delight us with their highly-polished performances and it's great to see so many folks helping them with the essential fund-raising for their planned refurbishment.

Magnificent, marvellous, munificent Millwater!

**Brian Mullan**  
Editor  
August 2018

the**Millwater**mag

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Front Cover: Local Millwaterian Dave Coles

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# millwater **interview**



synonymous with breaking news and his reputation saw him assigned to shadow and record Nelson Mandela for 2½ years. “This quantum shift in South African political history also gave me the opportunity to mingle with the many famous people who met Mandela. It was a time of great change in South Africa and I am so privileged that I was able to be present and record this important period of history,” he added.

Dave then joined eTV, the first-ever private free-to-air broadcaster in South Africa, and was a founding member of the news team whose aim was to present with integrity an unbiased view of South African politics. Dave added, “Again, through my job, I was able to meet many world figures in politics, the arts and sport.”

The mood changed and Dave recalled that there was a darker side to South Africa. In 2007 he made plans to move with his wife and family to New Zealand – but his boss at eTV convinced him to stay and move instead to a safer environment in Botswana and run the eBotswana TV channel. Later, with the advent of a new satellite TV channel in South Africa, Dave and family returned there. “My job was to open up international regulatory access for this new channel, which involved some ‘interesting’ negotiations with Robert Mugabe’s telecommunications people in particular,” Dave said with a smile.

But life in South Africa changed yet again. In 2016, following a shake-up at the satellite channel and the departure of the CEO (the independent channel was, apparently, deemed ‘too independent’), Dave and family followed through on their earlier plans for family safety and, with a great deal of sadness at leaving what had been a beautiful country, made the move to New Zealand in 2016.

Dave now works as growth manager for 90 Seconds Video Production. He enthusiastically told us, “With this leading-edge technology, we produce top quality videos for clients world-wide; probably best you look at our website for the details of this brilliantly effective medium!”

We asked Dave about his greatest lessons, motivations and purpose in life and he concluded, “I want to be of value to people, to have the ability to inform and influence their thinking, and to be around like-minded people – and we really love the warmth of community here in Millwater.”

The idea of an amateur interviewing a professional journalist caused me not a little apprehension, yet local Millwaterian Dave Coles used that professionalism to put me immediately at my ease when we met.

Born in Zimbabwe and growing up in South Africa, Dave Coles was inspired and motivated by the portrayal of Gandhi’s life by Margaret Bourke-White and by her ability to record and be part of unfolding world history. The seeds were thus sown; seeds that would germinate and grow into a successful career in television and video journalism.

“After graduating from school in 1994, I went on to study television and was given the opportunity to work for the public broadcaster at the 1995 Rugby World Cup – walking behind the cameraman and pulling cables, yet aware that I was watching history being created,” Dave told us, “and in December that year I was given the opportunity to work in the news department, filming and editing the stories that unfolded.”

The second story that Dave covered was a tragic flood that killed over 100 people – with the footage he shot appearing immediately on CNN. The name Dave Coles quickly became

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# regular local events

- Every Weds** Hibiscus Coast Scottish Country Dance Club Silverdale Hall • 7:30pm
- Every Sat** Millwater parkrun 8am • See [www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details
- Every Thurs** Orewa Library hosts a very informal conversational English group for new immigrants, every Thurs from 3.30 – 4.30pm in term time. This is a free session with a qualified ESOL teacher. We chat about Kiwi customs, health, shopping, neighbours...all kinds of things which are relevant to our daily lives. Children are welcome!
- Weds/Thurs** Rotary Satellite Club of Orewa-Millwater • at Stoney Homestead Community Hub, Galbraith Greens • 1st Weds every month 6pm • 3rd Thursday every month 7pm
- Every Weds** Hibiscus Coast Mid-Week Badminton Club • 9am-noon Orewa Badminton Hall, Victor Eaves Park
- Every Thurs** Ukelele Classes • Estuary Arts Centre from 7-8:30pm • All welcome - classes for beginners to advanced so just turn up and bring your uke for a night of community fun! Enquiries/book a spot, call Avon Hansen-Beadle 021 421 109 or 4766361.
- 1st Weds of each month** HBC Grandparents Parenting Grandchildren support group • 11am - 1.45pm • Red Beach Methodist Church • Free group offering support, friendship, guest speakers and lunch • Further details contact Sonia 0274 802 287
- 4th Tues of each month** Zonta Club of Hibiscus Coast • Visitors welcome to to join us for dinner & interesting guest speakers The Wade Hotel, Silverdale • 6pm Contact [hibiscuscoast@zonta.org.nz](mailto:hibiscuscoast@zonta.org.nz) or 027 577 1888
- Every school term Tuesday** Crafts Group • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 10am - 12pm • \$2 for morning tea & craft • creche provided
- Every school term Friday** Arts Group • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 10am - 1pm \$2 includes morning tea • suitable for beginners
- Every Tues** Hibiscus Coast Rock & Roll • Whangaparaoa Hall 7pm lessons • 8pm general dancing • Wear soft sole flat shoes • Wear layers as you get extremely hot dancing Further info on our website & Facebook.
- Every 2nd Thurs** Join Hibiscus Coast Concert Band! • all ages & abilities welcome • see our website [hccb.org.nz](http://hccb.org.nz) or call 021 186 4599 to check when our next rehearsal is.
- Every Tues & Thurs** HBC Senior Citizens Assn. Inc. meet for Indoor Bowls & cards (500) in the Orewa Community Hall from 12-4pm. Membership \$5 a year. Entry \$2, includes afternoon tea • Contact Howard 09 427 9116 or Mike 09 426 2028.
- 3rd Tues of each month** Silverdale & District Historical Society Coffee Morning • 10:30am The Old Parsonage Silverdale Pioneer Village • Bring your items of historic interest to discuss over coffee • All welcome • Free entry [pioneervillage1968@gmail.com](mailto:pioneervillage1968@gmail.com)

If you know of any upcoming local events please contact Sarah at [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)

# events for Aug/Sept

**Silverdale Pioneer Village -Tuesday August 21st** - Historical Society Coffee Morning. Bring along your items of historical interest over coffee at 10.30 am. All welcome. For more information see our website [www.silverdalemuseum.org.nz](http://www.silverdalemuseum.org.nz)

### Julien Van Mellaerts Event Details:

Held at Orewa College Arts & Event Centre, 76 Riverside Road, Orewa • **Sunday 26th August 2018 @ 2.30pm**, Admission Adults \$30, Students \$15 Tickets Available From: Neville Nielsen Phone (09) 426 5752 email [neville.nielsen@xtra.co.nz](mailto:neville.nielsen@xtra.co.nz) – or OBC Church Office 6 Loop Rd, Orewa. Mon-Thurs 9 to 1pm, or Door Sales from 1.30pm on Sunday 26th August at Orewa College

**LOCAL LIBRARIES** (all require pre-booking on 09 377 0209)

**Thursday 2nd August, Whangaparaoa Library 11am & Wednesday 8th August 11am at Orewa Library:** “The Bohemian Settlers of Puhoi.” Jenny Schollum from the Puhoi Heritage Museum will share the story of the Bohemian settlers who left their homeland in 1863 to make a new life in New Zealand.

**Thursday 9th August at Whangaparaoa Library 11am:** “Recording Family Stories” – The Role of Oral History by Sue Berman. Much of the richness of family history sits in the stories of our everyday lives as well as significant life-cycle events – births, deaths and marriages. Sue will share key tips for creating an enduring and meaningful record using oral history as a tool.

**Wednesday 22nd August at Orewa Library 11 am:** My DNA results have arrived... Now what? Come and learn the basic techniques for understanding your DNA results with Veronica Storey. Tools and sites like Ancestry.com & Gedmatch will be used.

**Monday 27th August at Orewa Library 11am:** “DNA drop-in session”: Limited spaces available so book early (details above). Bring your own device and learn how to use your DNA results in different forums. Session 1: Uploading your DNA to Gedmatch Session 2: Practical session on looking at your own DNA results Session 3: DNA Painter tool

**Wednesday 29th August at Orewa Library 11am:** “Brothers in Arms” – The story of the two WW1 soldiers, the Carter brothers from Silverdale. Come along and listen to David’s presentation of the Story of the Carter brothers, with Genealogical hints and pitfalls while doing his research.

All these local community groups advertise here for free thanks to this page being sponsored by Mike Pero Real Estate Millwater.

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# vetspeak

## Tips to choosing a New Puppy



Getting a puppy is an exciting time – but it is also an extremely important decision as a dog can live for about 15 years, so you want to take your time and get it right.

- Research some breeds to find out what breed or mix of breeds will best suit your family life
- Consider adopting a rescue dog and help alleviate the “wastage” that irresponsible breeding creates
- Don't buy from puppy farms, even if you feel sorry for the puppy; more will be bred to replace it
- If buying from a breeder, don't buy a puppy without meeting the bitch (and ideally the sire); this way you are able to check out their temperament and health
- Don't support breeders who produce puppies with severely exaggerated features that may compromise welfare. If buying a breed that has exaggerated features, choose a breeder who is trying to breed away from extreme features
- Be wary if the parents have needed correctional surgery to enable them to breathe comfortably, correct eyelid issues, or

walk normally

- Avoid buying puppies produced from mating closely related dogs. There is no way to verify this for a dog without a registered pedigree
- A responsible breeder will ensure all of the puppies and their parents are healthy and well looked after, they will have them all checked by a veterinarian, have a regular parasite control programme, and will have had any vaccinations done that are required
- Puppies must be weaned and fully self-sufficient and at least eight weeks old before they are released to their new owners
- Puppies should be socialised from three weeks of age to things they are going to encounter as they grow up; such as children, cats, vacuum cleaners, and washing machines

For more information, pop in and have a chat with one of us – we are always happy to talk about puppies!

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Millwater

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# mortgage**matters**

## Do I Really Need to Tell the Council About My Renovations?



There is a common perception that dealing with Councils can be complicated, costly, time-consuming and frustrating and, as a result, homeowners can be hesitant to involve the Council in their home renovation process. We are also aware of some unfortunate situations where builders have advised the homeowner that Building Consent was not required, when, in fact, it was.

Failure to obtain Consent (when required) can result in issues for the homeowner when their property is listed for sale. Properties with unconsented works are sometimes not acceptable to banks, and a prospective purchaser could find that the pre-approved bank finance they thought they had access to is not available for the property they have fallen in love with.

Some homeowners have gone through the process of obtaining Consent but failed to complete the process and obtain a Code Compliance Certificate (CCC) following completion of the work. If a CCC is not obtained in a timely manner and the Building Code is amended between times, then additional work, time and cost could be needed before a CCC will issue.

A Building Consent cannot be issued retrospectively for building work that has already been completed. However, the Council might be willing to issue a Certificate of Acceptance (CoA). A CoA provides limited assurance that the Council is satisfied that the work

complies with the Building Code, but it is not a CCC. Some banks might still be reluctant to offer finance for the property, particularly if they have concerns around the potential impact of the work on the future saleability of the property and/or if full insurance cover is not available.

Obtaining Building Consent (before work commences) and a CCC (as soon as possible following completion of the work) can potentially save the homeowner a lot of time, cost and hassle in future, and have a favourable effect on the property's future saleability.

\*Some building work does not require Building Consent. Auckland Council has quite a lot of useful information on its website [www.aucklandcouncil.govt.nz](http://www.aucklandcouncil.govt.nz). Care should be taken to ensure that the proposed work will be compliant.

*Wayne Lawrie is a Registered Financial Adviser specialising in mortgages. Based locally, he provides FREE advice to both sellers and buyers. Give Wayne a call on 09 428 2223 to discuss your situation or to request a copy of his disclosure statement email [enquiries@mortgagestudio.co.nz](mailto:enquiries@mortgagestudio.co.nz).*

## Millwater Women's Group

The group met at the Stoney Homestead Community Hub on 20th June 2018. One of our members, Margaret Mullan, arranged a speaker from Youth in Transition, Tina Jones, to come and speak to us. This group is based on the Coast and assists young people and their families when they are struggling to cope with all the demands the modern world throws at them.

We were all dreadfully touched by the stories Tina told us and decided as a group that this was a charitable organisation the Women's Group would like to support in any manner we could. Some of us have committed to a monthly donation and

we also have started a regular collection of basic groceries (tea, coffee, biscuits, etc) that will assist this organisation with their day-to-day running. Youth in Transition does not receive any funding from the Government and a regular box of groceries is a huge help to them and assists in keeping their rooms functioning and staff and clients well catered for.

If any of the greater Millwater community wish to assist with an item of groceries, we would be delighted to add them to our regular delivery. Please contact me for drop-off details.

Please also contact me if you would be keen to speak to the group. Our interests are varied and wide.

We meet on the third Wednesday of the month. Marj Noble 021 711 540



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Wayne Lawrie



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Jo Hook

# Calling Out



This parenting gig is tough. Each phase of our children's life brings with it new challenges and opportunities. Not just for them, but for us as their parents as well.

To paraphrase a friend, "As parents we have the authority and responsibility from the day our kids are conceived to take them to adulthood. We've got two jobs:

1. To help them see their strengths, value and the future. To have a vision and hope for the future; and
2. To help keep them from going off the rails if you can. To

open the front door to the dream and close the back door to dysfunction."

If only it was that easy. We have to discipline as well as call out to their strengths. The spoken word has tremendous power. There have been several experiments done on things like: plants, food items and even water, where the music played, and words spoken to them have a visible, physical effect on their appearance. We can see how animals that have been rescued change physically when nurtured. How much more so is this true with a complex being such as a human?

Regardless of the age of your children, look for their real, genuine strengths of character. And call them out. It can be hard to see those things in times of conflict. But when you do see those strengths being lived out, compliment and acknowledge it. It's more real and it's believable because it's just happened. If you get any of the "you have to say that, you're my mum..." stuff, that is easily defeated by the truth of what just occurred. Then they start to believe it about themselves. The more they believe, the greater that character quality will grow.

One of my favourite authors puts it this way, "Ants create colonies. Bees create hives. Humans create futures." As parents we are co-creators, shaping and creating a future for our children by what we allow and what we call out in them.

Sometimes it comes in the form of confrontation. Most of the time it comes in the form of inspiration!

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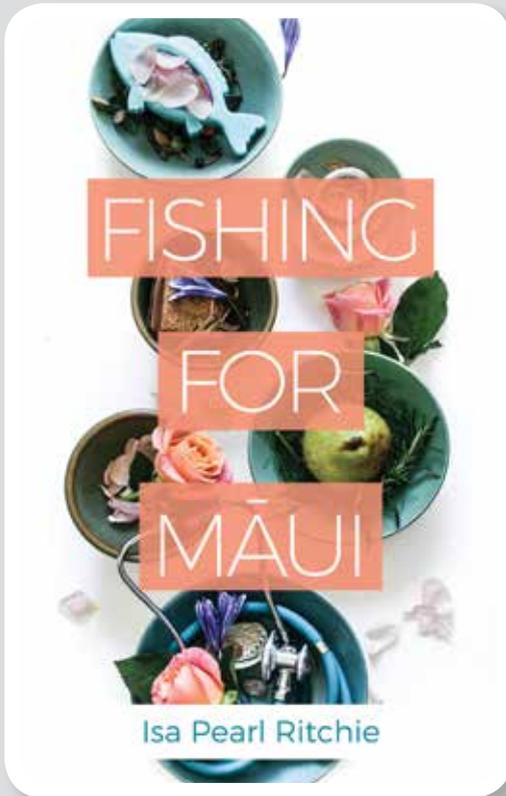
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# millwater **book of the month**

## Fishing for Maui by Isa Pearl Ritchie



*Fishing for Maui* is a distinctly New Zealand novel that follows a family in crisis. Val is a GP, raising a family of four on her own after a marriage breakdown. Her life is one of responsibility and worry – she worries about her children, and she worries about her patients. Elena, her grown-up daughter, is expecting her first baby with her partner Malcolm. But Elena is so obsessed with the healthy food blog that she writes and her pregnancy she has no time for Malcolm anymore. Malcolm is a professor who teaches ethics at the local university, but he is increasingly frustrated by the lack of intimacy and attention from Elena, and before long he is contemplating things he shouldn't with a student.

Eldest son, Michael is a university student and enjoys hanging out with his mates, surfing and spending time with his vegan girlfriend, Evie. He is interested in exploring his Maori heritage, while Evie has strong opinions about animal welfare and not eating animal products.

Younger son, John is struggling at high school and seems willing to alienate everyone in the family with his angry behaviour.

Rosa is only eight years old and is often lost in her own fantasy world. But at eight, she knows something is not right. It takes a major crisis for the rest of the family to take notice; but, even then, will it be too late?

The major themes that run through this novel are about food and the differing opinions on what is healthy to eat, and the welfare of animals. It's also a story about mental illness. It's also a story about identity and heritage. Mainly it's a compelling story of whanau, and just how diverse and complicated a family

can be. *Fishing for Maui* is Isa Pearl Ritchie's second novel, and she's created a book with plenty to think about.

Karen McMillan, author of *Everyday Strength* and *Brushstrokes of Memory*, [www.karenm.co.nz](http://www.karenm.co.nz)

## millwater **Rowenas**

On one of the rare, lovely sunny days in June, 11 members of the ROWENAs (Retired Old Women Enjoying Nice Afternoons) went for lunch to Fresco Family Restaurant and Bar, 2/154 Harbour Village Drive, Gulf Harbour.

This was previously known as Carpe Diem but changed hands around November 2017. The new staff were polite and friendly, the food was very good and of ample portions. All the ladies enjoyed their choices from the menu and, as a special treat at the end of the meal, the management gave everyone a small dessert treat. Since it was a Thursday lunchtime when we went, it was quiet and I am sure they were delighted to see 11 ladies there to eat. It is probably just as well that there were only a few other customers, some of whom were outside, because I am sure you can imagine 11 ladies all talking can get a little noisy.

If you haven't tried this venue already, it is definitely worth a visit.



# Millwater parkrun



with over 1200 events held in over 20 countries. There are 24 events throughout New Zealand, sponsored by NZ Home Loans. It is run by volunteers and requires you to register online first (for free) and print out your barcode. With this barcode you can go to any parkrun worldwide, be timed and be able to see all your parkrun results online. There are milestone incentives for those who complete the events often, including a 50, 100 and 250 run t-shirt and also a certificate for children who complete 10 runs.

On July 21st Millwater parkrun celebrated its 200th event. On occasions such as these (like anniversaries, Christmas and Easter) there is often a dress-up theme and cake, other goodies, and spot prizes at the finish line.

Every Saturday morning, just before 8am, over 100 runners and walkers gather at Metro Park East to complete a 5km timed course. At the front of the pack are the guys who speed away, using this as a time trial for their training. At the back is the tail walker who ensures nobody gets left behind. They are often following the ladies who come to chat and walk, those who are starting out on their fitness journey and a young family or two encouraging their children to keep going until the end. In between these are a variety of all ages and abilities who are there for various reasons – the 50-year-old who only started running a year ago, the 11-year-old who has done more than 100 of these runs and is now working his way to the front of the group, the mother with her 8-year-old girl who run side by side, and the 72-year-old who wasn't sure she'd be able to complete it at first and now walks 5km each day along with parkrun each week. Many people enjoy a coffee with friends and family afterwards.



Millwater parkrun is a free, timed 5km event held every Saturday at 8am, rain or shine. It is part of a worldwide phenomenon,

Check them out online at [www.parkrun.co.nz/Millwater](http://www.parkrun.co.nz/Millwater) or on the Millwater parkrun Facebook page and head along to Metro Park East on Saturday morning.





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# pharmacytalk

## Harker Herbals range for children



It's been a particularly long Winter for the kids, with nasty lurgies hitting immune systems hard. Toddlers and school-age children have been equally vulnerable – they're masters at sharing those bugs!

With more of you asking for natural options to support the health of little ones, we're excited to share the Harker Herbals Children's range, which targets winter health as well as common

issues around healthy sleep, good digestion and developing strong immunity. These seven syrups are formulated especially for babies and children from 0 to 12 years.

There's been great feedback about the effectiveness of this range. Chest Soothe Night has been a winner for helping kids sleep while recovering from chesty bugs; and Ear, Nose & Throat for helping relieve heavy, congested heads. Other great finds for winter wellness include Breathe Easy (for stubborn lung congestion), Chest Soothe Day (says it all!) and Immune Build to boost little immune systems.

There's lots to like about this range, but the stand-out for us are the ingredients; all natural, with good clinical research around the effectiveness of the herbs. An added bonus is that they come in fruity and minty flavours, so kids actually like the taste! For those who need persuading, these liquids can be mixed in a favourite drink (devious but effective!)

Some parents have asked about the sugar content. We're happy to say there's no added refined sugar - the sweetness comes from natural ingredients like organic rice malt and stevia leaf. In fact, over the course of 24 hours, the recommended dose contains the natural sugars equivalent to what you'd find in less than half a small apple.

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**Sunday:** Closed

# The Amazing Powers of Activated Charcoal



In 1831, Pharmacist P.F Touery shocked all his colleagues in the French Academy of Medicine by drinking a massive dose of lethal Strychnine in front of them. Amazingly, he had suffered no toxic effects! He had combined the deadly poison with activated charcoal, an antidote and detoxifying agent that goes back centuries in use. Certainly not something anyone should try under any circumstances, but it was a testimony to the incredible ability activated charcoal has to assist removing toxicity from the bowel.

Recorded use of charcoal goes back to 1550BC. Today, activated charcoal is in all hospital ERs and many emergency vehicles as a fast, effective antidote for poisons of all types. It is considered safe and effective by the American FDA.

Don't confuse activated charcoal with charcoal briquettes for barbecuing or anything else. They contains toxic chemicals and

carcinogens.

Activated charcoal is derived from burning pure, untainted organic substances such as coconuts or certain woods, without using chemicals in the process.

The action of activated charcoal involves adsorption, not absorption, of toxins from the intestinal tract. Adsorption is the electrical attraction of toxins to the surfaces of the fine charcoal particles. The charcoal itself is not absorbed into the body, so the toxins attached to the charcoal particles exit via the bowels.

A famous Russian Gerontologist, Dr V.V Frolkis and his colleagues claimed to have discovered that activated charcoal is a potent life-extending agent. Accordingly, they mentioned that activated charcoal has been found to increase the mean lifespan of older test animals by approximately 40% and their mean life span by approximately 34%. Interesting!

Interestingly, activated charcoal seems to remove synthetic, artificial or toxic substances from the digestive tract but not rob our bodies of vital food nutrients, minerals, etc. Activated charcoal fed to sheep as a level of 5% of the total diet did not affect the blood or urinary levels of calcium, magnesium, copper, iron, zinc, phosphorous, potassium, sodium, etc., compared to sheep not given the charcoal.

Keep it in your remedies cupboard. Even if you are not using it for general detox purposes, it's wise to have it around for upset tummies, stomach bugs, diarrhoea, etc.

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# the millwater insider

## Stoney Homestead Community Hub

Our full contact information is:

Address: 12 Galbraith Greens, Millwater; Email info@stoneyhomestead.org.nz; Facebook @StoneyHomestead; and Phone 021 0267 9111

## Dogs in Play Parks

Some dog owners are still taking their dogs through Millwater play parks, which should not happen. Details on Auckland Council website <https://www.aucklandcouncil.govt.nz/dogs-animals/guide-for-dog-owners/Pages/rules-dogs-public-places.aspx>

## St John Ambulance

Hibiscus Coast St John manages the life-saving ambulance service for our local area and urgently needs to increase the membership of the Area Committee. Currently they have a nucleus of just 5 active people, plus 1 new recruit, but ideally need another 2 or 3 Committee members. If you would like to find out more about the running of our local St John Area Committee, which celebrates its 50th anniversary in 2019, please get in touch with the St John chair Chris Todd to learn what's involved and how you can help. He can be contacted on [chris.todd@parkland.co.nz](mailto:chris.todd@parkland.co.nz)

## Toastmasters

Due to the continued success of Toastmasters in New Zealand, the current 285 clubs throughout the country will, from Sunday July 1st 2018, reform into two districts. District 72 and District 112. Both meet along the northern boundary of the Wellington region. The first New Zealand Toastmasters club was chartered on July 1st 1962, 56 years ago, in Dunedin.

Toastmasters enhances the skill sets of individuals from all walks of life, including business people and students, to produce confident speakers, presenters and leaders, by practising with the tools of Listening, Speaking and Leadership, and using an experiential self-paced learning style. Members manage their own clubs and personal growth following the defined guidelines laid out by Toastmasters International.

For information about local Toastmasters clubs, visit [www.toastmasters.org](http://www.toastmasters.org) or follow @Toastmasters on Twitter.

## The Green Spot Eco Tip of the Month

Scientists have shown that up to 12 million tonnes of plastic are entering our seas each year – that's the equivalent of a rubbish truck-full every minute! Plastic bags are a huge culprit of this because they are carried easily by the wind, even blowing off landfill sites. This is why anyone who uses plastic bags needs to take responsibility for this – even if you aren't literally throwing them in the waterways, you can't guarantee

they won't end up there whenever you discard one.

Using reusable bags at the supermarket is an absolute no-brainer these days, but it seems the same thought process isn't happening when it comes to produce, bulk foods or retail shopping. Keep in the habit of having reusable bags in your car at all times, so that you don't get caught out for any purchase you make. For your fruit and veges, there are various reusable bags you can buy or you can make your own by repurposing old net curtains as an example. For bulk foods I just reuse the zip lock bags – they last for years if you just wash them with hot water and dishwasher liquid and dry them thoroughly.

It's great that stores are now finally acting on the need to eliminate single use bags but the reusable plastic bags also have quite a short life span and are still plastic. Paper bags aren't necessarily better because of the highly energy-intensive process to create them – and as they are heavier they need more trucks in distribution, creating more greenhouse gas emissions and air pollution. So; the best solution is to bring your own trusty long-life reusable bags.



## Rotary Satellite Club of Orewa-Millwater

If, like many Millwater folks, you are looking to give something back and wondered where to find information, then look no further than your own local Rotary Satellite Club. With an average age well under 50 and with half of the membership female, meeting just twice a month for an hour of friendship and fun, it's not like any other Rotary Club – anywhere! Contact Brian Mullan [brian@mullan.com](mailto:brian@mullan.com) if you would like to learn more.

## See something? Say Something!

Please keep an eye out for the few antisocial idiots who seem intent on destroying our green spaces; don't hesitate to dial 111 if you see anything happening.

Remember: "If you SEE something, SAY something!"

# millwater 區內情報要點

## Stoney Homestead Community Hub

Millwater社區中心，歡迎租用或查詢活動資訊  
地址：12 Galbraith Greens, Millwater  
电邮: info@stoneyhomestead.org.nz，聯絡電話：  
021 0267 9111. Facebook @StoneyHomestead

## Dogs in Play Parks

一些狗主人仍然带着他们的狗进入Millwater游乐园，这是不允许的。详情请看奥克兰市政局网站  
<https://www.aucklandcouncil.govt.nz/dogs-animals/guide-for-dog-owners/Pages/rules-dogs-public-places.aspx>

## See something? Say Something!

如果您看到有人恶意摧毁我们区内的绿地，请不要犹豫，立即拨打111。

请记住：“如果你看到了，就请说出来！”

## St John Ambulance

Hibiscus Coast St John管理我们的救生救护服务，现在迫切需要增加区域委员会的成员。目前，他们只拥有5名核心活跃人士，另外还有1名新员工，但理想情况下需要另外2名或3名委员会成员。如果您想了解更多关于2019年庆祝成立50周年的圣约翰地区委员会的运作情况，请与圣约翰主席Chris Todd联系，了解所涉及的内容以及如何提供帮助。电邮：chris.todd@parkland.co.nz

## Toastmasters

由于Toastmasters在新西兰的持续成功，目前全国285个俱乐部将从2018年7月1日起改为两个区。分别为72区和112区。两个区都在惠灵顿北部举行聚会。第一个新西兰Toastmasters俱乐部于1962年7月1日在达尼丁成立。

Toastmasters通过练习听力，口语和领导力的工具，并使用体验式的自定进度学习方式，提高各行各业的技能，包括商务人士和学生，培养自信的说话、演讲及领导能力。会员按照Toastmasters International制定的指导方针管理自己的俱乐部和个人成长。

有关当地Toastmasters俱乐部的信息，请看[www.toastmasters.org](http://www.toastmasters.org)或在Twitter上关注@Toastmasters。

## Rotary Satellite Club of Orewa-Millwater

如果您像许多Millwater居民一样，想对社区回馈一些东西并想知道在哪里可以找到方法，那么你可以选择我们的扶轮卫星俱乐部。会员平均年龄不到50岁，女性会员占一半，一个月聚会两次，一小时的友谊和乐趣！如果您想了解更多信息，请联系Brian Mullan，电邮 brian@mullan.com。

## The Green Spot Eco Tip of the Month

科学家们已经证明，每年有多达1200万吨的塑料进入我们的海洋 - 这相当于每分钟都有一辆垃圾车的份量！塑料袋是其中的罪魁祸首，因为它们很容易被风吹走远离垃圾填埋场。这就是为什么使用塑料袋的人需要对此承担责任 - 即使你不是真的把它们扔进水道，你也不能保证它们不会在你丢弃的时候被吹走。

如今，在超市使用环保袋子是绝对应该的，但是在生产散装食品或零售购物方面似乎没有考虑到减少使用塑料。如果大家可以在汽车中预备可重复使用的袋子，这样你任何时候购物都不会有问题。对于您的水果和蔬菜，您可以购买各种可重复使用的袋子，或者您可以重新利用旧的网帘制作自己的袋子。对于散装食品，我只是重复使用拉链锁袋 - 你只需用热水和洗碗液洗它们并彻底擦干就可以使用多年。

很棒的是，商店现在终于要求消除一次性使用的袋子，但可重复使用的塑料袋寿命也很短，而且仍然是塑料袋。纸袋不一定更好，因为制造它们需要较多能源 - 而且由于它们较重，它们需要更多的卡车分配，造成更多的温室气体排放和空气污染。所以，最好的解决方案是带上你自己可信赖的重复使用环保袋。



## millwater **Romeos**

The July outing of the Millwater ROMEOS (Retired Old Men Eating Out) saw 9 of them visit Roofing Industries based in John Glenn Avenue, Albany, where they were warmly welcomed by the company's Managing Director, Dave Gellatly (pictured here on the right).

Roofing Industries is one of the four major long-run roofing roll-forming businesses operating in New Zealand and is the only one privately-owned, with branches throughout New Zealand and tuning over in excess of \$100m per annum.

Dave gave us a rundown of the company's history, from small beginnings in the original factory in Bush Road 18 years ago, up to the present day. Then it was off to two of the factories to see first-hand the roll-forming machinery being used to transform

mainly Colour Steel into completed roofing materials for both residential and commercial uses, most of which are delivered to site via the company's own fleet of vehicles. Each of us was able to take away a brochure explaining and illustrating the various roofing profiles which are manufactured.

Following our visit, we took a short journey to Altura Coffee & Café for an excellent lunch before returning to the organiser's home in Millwater for afternoon tea and cake, where everyone was greeted by the Master of the House, Bobi the resident spoodle.



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To compliment Friday and Saturday evening dining. "The View" outlet is open Monday through Sunday beginning at 10:30 for coffee and cabinet offerings. Come for a drive stay for The View!





selections may not be exactly as shown



EAT. PLAY. MEET

# safer communities

## Winter is Here - a new season of activity to our local thieves



If you combine the long dark nights with a mixture of rain and low temps, you provide perfect cover for thieves to carry out their burglaries and thefts. Most people are less inclined to investigate suspicious activity outside during miserable weather and our local crooks know this.

On rural properties with long driveways, we recommend that you have some sort

of warning device that alerts you when a vehicle enters your driveway.

Throughout Rodney in the last month we had had a huge rise in the thefts of batteries from vehicles; especially large commercial batteries from trucks etc.

Battery thieves don't take the time to disconnect terminals. Bolt-cutters are used to cut the cables and securing brackets. This doubles the cost of battery replacement.

It's important to combat this with simple precautions. If possible, use padlocks and chains around the battery boxes to

secure the batteries in place and deter the thieves. Engraving the batteries with the vehicle registration also allows Police to identify stolen batteries.

If your campervan and boat are parked awaiting the warmer weather, then remove the batteries and any other valuables until there are being used.

The winter weather means it's also an important time of year to ensure that your vehicle's tyres are in good condition. Nowadays, with WOFs being issued for a 12-month period, you need to have your tyres checked regularly for tyre tread depth and correct inflation, as both these contribute to your vehicle's handling and safety. A current WOF does not make you exempt from getting a ticket for a balding tyre!



**Constable Michael Brown**

**Orewa Community Constable**

Orewa Police Station  
4 Riverside Road  
Orewa

**P** 09 426 4555

**E** MBX747@police.govt.nz

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# millwater **property management**

## Getting your Ducks in a Row



I was having a chat with a property owner recently, whose friend had managed his property while he and his family spent a year overseas. Charlie had just returned and discovered a long list of problems with the property. The house had been let fully furnished – that’s where the problems began. When one or two items of whiteware appeared to have failed, they had to be replaced – at Charlie’s cost. There was no thought given to any “as is” clause in the tenancy agreement in respect of any of the appliances.

When the family returned from overseas the tenancy ended

and Charlie eventually moved back into his home. Then he found many of the chattels missing, which he had left for the tenants’ use. Linen, cutlery, pots and pans, appliances – there was no accounting for what was still in the house and what was missing. In addition, some apparent intentional damage was done by tenants. The gardens, too... they had suffered from total neglect.

The real problem, however, was the total absence of any record of what chattels were left for tenants and what condition the property was in. As a result, there was nothing to compare against when the tenancy ended.

### What If?

There is no substitute for asking yourself “What if” before you go. What if the house was damaged? What if things went missing? Any competent landlord will have a detailed list and photos recording a property’s condition before letting. This provides the baseline for comparison once a tenancy is over. Charlie is kicking himself now, acknowledging that he should have employed a professional property manager!

**Craig Harrison | Principal,  
Quinovic Property Management, Millwater**

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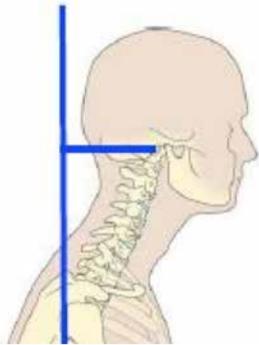


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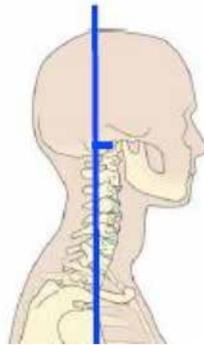


# Forward Head Posture

Forward Head and Neck



Neutral Spine



It is a sad reality nowadays that people spend much time looking down into something, such as a mobile phone or computer screen. Prolonged static posture will eventually deplete all the related postural muscles' energy. When there are no more muscles to maintain the desired posture oneself wants or requires, the brain sends an urge to change the posture into something else, such as crossing the legs, slouching forward or leaning against something. And this is how Forward Head Posture (FHP) is formed.

FHP can be easily tested. You need two people to do the test.

The testee stands naturally.

The examiner stands to the side of the testee, looking at the side posture. (You can take a photo of the side posture)

Mark a dot or imaginary dot on the centre of the arm of the

testee, draw a vertical line straight upward to the ear.

If the line passes over the ear, it means the head is positioned optimally.

If the line passes behind the ear, it means the head is shifted forwardly.

Average human head weight is around 4.5~5.4kg. Forward transition of the head will lead to an increase in head weight: up to 12~18kg. This means people with forward head posture will use double or triple the amount of muscles to support their head throughout the day. No wonder neck and shoulders become stiff and heavy.

Improving posture is not that simple. It is a misconception that poor posture is due to lack of attention in posture. Posture is a process that operated by reflex, which means posture will be made throughout the day without realising it. A good example is breathing. People breathe approximately 17,000 to 30,000 times per day, never aware of it. Breathing can be controlled – such as slow, fast or stopped. People attempting to maintain good posture intentionally for the whole day will be equal to "I am going to breathe 25,000 times today".

In next month's article, I will write about how to avoid poor posture from developing.

**Jared Kim**  
**Silverdale Chiropractic**

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# Men and Beauty

A clean shave and you're out the door? Not anymore. These days it's not unusual to go for a pedicure and turn to see a dude sitting in the chair next to you. Surveys are showing a steady increase in the number of men visiting beauty salons in the last year alone.

With celebrities like David Beckham, Tom Cruise, and Jay Z reportedly indulging in beauty rituals that rival those of their (ex-) wives, it's no surprise men are going to more extreme measures to look dapper. From Bro-tox to laser treatments and even liposuction, guys are getting primped, plumped, and waxed and tanned to perfection.

"Men have been requesting procedures like Botox and laser treatments more and more because it's become less taboo for them to get these services and many even have wives and girlfriends encouraging them to do so

**Here are the seven most popular appointments men are making!**

Facials  
Waxing  
Manicare and pedicares  
Botox and fillers and laser  
Tanning  
Veneers / teeth whitening  
Eyebrow microblading / scalp microblading

Today's society requires men to be more concerned not only for their physical appearance and grooming, especially for

businessmen accustomed to making public presentations, but also their health.

Men also want to look and feel good and we recommend them these treatments for beauty and relaxation.

**Relaxing massage for men:** The relaxing massage achieves a state of calmness. Muscle relaxation stimulates circulation, calms nerves caused by stress and achieves greater oxygenation, using essential oils.

**Executive Man Facial Treatment:** Revitalising treatment for men's skin, providing an authentic touch of freshness. It protects skin from stress and environmental damage, providing intense hydration and diffusing fine lines. A facial cleanse, exfoliation, massage and masque.

**Pure Back Treatment:** This treatment helps to enhance the skin on the back and relieve daily stress. It is the perfect combination to exfoliate, remove dead skin, pimples and blackheads, with the end result being clearer, smooth and harmonious skin.

**Manicare and Pedicare:** Treating the cuticles, shaping the nails, removing dry skin from the heels and a relaxing massage.

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# Is Bank Life Insurance all it makes out to be?



The core role of banks is pretty simple: to make money by lending money to individuals and businesses. In conjunction with this, banks have, over the last 20 years or so, become increasingly involved in selling personal insurance products to their clients, as an “easy” way of diversifying and increasing their income stream. When one applies for a mortgage loan, banks will often seek

insurance providers. In a nutshell, such policies are very skeletal versions of the higher-quality products offered by specialist insurance providers. They do not stand up to scrutiny on quality grounds.

A further significant downside of buying life insurance through banks arises at claim time. How comfortable would you be in lodging a personal claim application with a bank teller whom you’ve never met before? Would they understand your cover, empathise with your situation and serve your best interests?

Working with your dedicated insurance adviser means that your trusted adviser will take over all the hassle of preparing and pursuing your claim, allowing you to concentrate on your rehabilitation and spending quality time with your family.

to persuade clients to take up bank life insurance as well.

Some banks have offered sound policies through the mainstream insurance companies which they owned: for example, ASB Bank through Sovereign, ANZ Bank through OnePath. However, a number of other NZ trading banks have provided their own policies which are underwritten by those banks themselves. These policies, in comparison, are poor.

It’s interesting that in the last few years most banks are now exiting the business of owning life insurance companies and deciding to ‘stick to their knitting’: banking – and so they should!

There are very sound reasons to avoid life insurance policies offered by banks that are not underwritten by mainstream

That’s what I do.

## Theo Simeonidis UProtectNZ Insurance Services

Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. He is also able to provide a one-stop-shop for fire and general insurances.

For assistance on any personal or business insurances, Theo can be contacted on 027 248 9320 or 09 528 8724 or email theo@uprotectnz.com. Any such assistance is provided on a free, no-obligation basis.

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# millwatermalt

Delectable, desirable deliciousness this month! The Dalmore 12 is a typical Highland malt and one to seek out. The legend behind the 12-point Royal Stag emblem is that, back in 1263, hereditary chief of the Mackenzie clan, Colin of Kintail, saved the Scottish King, Alexander III, from a charging red stag. History reveals that the stag emblem has appeared on every bottle of The Dalmore since 1867. The Mackenzie family owned the distillery until 1960, before it became part of White & Mackay empire and The Dalmore has been owned by Philippine spirits company Emperador since 2014.

The first 9 of The Dalmore 12 years are spent in American white oak ex-bourbon casks before 50% is transferred to ex-Oloroso sherry casks for the final 3 years before being recombined and bottled. The result is a delightful marriage of sweetness and rich, fruity, sherry flavours.

**Colour:** Dark mahogany

**Nose:** Malty and nutty cereal, tropical spices, with rich orange marmalade notes

**Palate:** Seville orange marmalade, creamy cereal, winter spices, fruit & nut chocolate

**Finish:** Medium length, sweet marzipan and lingering orange

70cl, 40% ABV, target price under \$90 online including courier



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We offer a **Free** Consultation, **10%** discount for Seniors and Uni students, **\$75** Exam, 2 BW xrays & Hygienist appointment/clean for new & existing customers.

Please check our conditions/policy regarding our services.



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7 Polarity Rise, Silverdale

Ph (09) 972 1406

**Open on Saturdays and late nights**

email: [sfdentists@hotmail.co.nz](mailto:sfdentists@hotmail.co.nz) web: [www.SilverdaleDental.co.nz](http://www.SilverdaleDental.co.nz)



Silverdale  
Family  
Dentists

# millwater**bizbuzz**

## Security: Who is it, really, in your house?



It is a *little-known fact* that the security industry is very heavily regulated – but it is a *well-known fact* that there are rogue operators, fly-by-nighters and conmen trying to operate within the industry as well.

Did you know that, for someone to offer any security consultation or services, the person *and* the company offering the services must be registered and licenced by the Justice Department?

After all, you would want to know that the person who you are allowing into your home and entrusting with the security of all of your prized possessions is legit, with good intentions. Right??

Dougall Cameron from Total Security Group, shown here on the right, is one of those good guys. He and his company hold licences issued by the Justice Department to operate as Security

Consultant, Security Technician, Property Guard and Personal Security Guard – and, with over 25 years in the industry, he certainly knows his stuff. Dougall's right-hand man Jaden holds Security Consultant, Security Technician licences and has also been a locksmith for 12 years; making them a solid team. Note the Justice Department logo on their passes!

Dougall's single biggest bugbear however is seeing people getting ripped off by shonky operators: selling (requires security consultant licence) and installing (requires security technician licence) cheap imported product that they claim to be much better than it is, and when they are needed for warranty... they are no longer available.

Dougall says, "Not a week goes by when I'm not assisting someone who has spent good money and been ripped off, and I want to offer a few simple tips to protect everyone from being sold poor-quality product."

Anytime someone comes to your home to give advice or sell security equipment, ask to see their licence. It is a legal requirement to carry it at all times and the licence *must* state "Security Consultant" and carry the Justice Department logo.

Anyone servicing or installing an alarm, camera system or safe within your home must have a licence as a "Security Technician". *These are not optional.* You can also check people and licence authenticity on the public register at <https://forms.justice.govt.nz/search/PSPLA/>

Ask about warranty on the product you are purchasing; most systems offer the standard 1-year return to base warranty. Total Security Group offers a minimum 5-year warranty on all of their camera and alarm products and a lifetime warranty on the installation!

And it's not just security they offer. With additional services on offer such as Locksmith, Audio-Visual, TV Aerials, Wi-Fi and network cabling, you have great peace of mind knowing the person in your home has been Police checked and validated.

[www.totalsecuritygroup.co.nz/](http://www.totalsecuritygroup.co.nz/)



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[www.orewamedicalcentre.co.nz](http://www.orewamedicalcentre.co.nz)



Open 7 Days  
Life Pharmacy Orewa  
8 Tamariki Ave, Orewa  
Phone: (09) 426 4087  
[www.lifepharmacyorewa.co.nz](http://www.lifepharmacyorewa.co.nz)



# millwater **motors**

When engineer, inventor and scientist Nikola Tesla died in 1943, he could not have foreseen the 21st century motoring marvel that today bears his name. We met up with local owner, John Fitness, to experience the future of New Zealand motoring.

Born in Papakura, John was working in London when he met his future wife Andrea before they moved to Brisbane, where John continued working in his specialist IT field. "In Brisbane I bought my first Holden Commodore, brand new, which brought at that time all that I ever dreamed of owning." After 8 years in Australia, John and family moved home to NZ. We shared tales of powerful V8 motors for a while before turning to the story behind his Tesla Model S.

"We took a holiday last year in California, catching up with a pal from University and getting the chance to drive in his parent's Tesla Model S – and I was totally smitten by the sheer joy of driving it," John told us, "so I placed an order for the new Model 3, knowing that it wouldn't be in NZ probably until 2019." The trouble with a car 'itch' is that you just have to scratch it, and that's what John did. "We went into the new Tesla Store on 'K' Road and – surprise, surprise – I bought my Pearl Metallic Model S."

Describing a 5-metre long, 4-door sedan as a sports car may raise an eyebrow or two of disbelief, but a short drive melts away any scepticism – the basic Model S accelerates from 0-100kph in just 4.2 seconds of continuous and definitely

seductively torque power – with next to zero fuel costs. It's not all about performance, though. The technology within the car, available through a seriously large high-definition touch-screen or from the owner's smartphone, is staggeringly impressive. The 8-year warranty includes free Internet connexion, so the car is always online; software updates are regularly pushed out to the car. The Tesla Model S is always up-to-date, monitored and improved by Tesla HQ when this is needed. "It's an iPhone on wheels," was how John described his pride and joy, "including having Spotify and all satnav functions available through the state-of-the-art onboard technology."

With Tesla's exclusive country-wide network of Supercharger stations, range anxiety is a thing of the past with a Model S. You can confidently drive from Auckland to Wellington, allowing for a couple of recharging stops along the way," John added, "BUT there's barely time for a coffee at the first and barely time for a hurried lunch and trip to the loo at the second, before you waft into your destination – still with 'amps in the tank.'" The car's intelligent online satnav plans your route and charging stops for you, so all you do is enjoy the journey. Intelligent and reactive navigation also allows the car to monitor its own road environment and, literally, protect itself and its passengers from harm. A Tesla home charger comes as standard with the car; you just need to get an electrician to wire it in for you. The same charger is also provided to many NZ hotels and motels by Tesla, free of charge.

**RODNEY  
AUTO CENTRE**

**Automotive Repairs, Servicing & WOF**

Dean Aspnall 09 426 5016 dean@rodneyaufocentre.co.nz  
14 Agency Lane, Silverdale (next to Spa Pool shop)

**Vehicle Servicing, Repairs & Maintenance**  
For all your automotive requirements & WOF's.

- Silverdale's AA & MTA Licensed repairer. Quality workmanship guaranteed.
- Free pick up and drop off service throughout Millwater and surrounding areas. Free courtesy cars available.
- All vehicle repairs and servicing receive a complimentary groom.
- All repairs, servicing, WOF's, electrical, brakes, cambelts etc. including the latest in diagnostic scanning, all carried out on site.

[www.rodneyaufocentre.co.nz](http://www.rodneyaufocentre.co.nz)

# millwaterproperty

Every month Mike Pero Real Estate Millwater assembles a comprehensive spreadsheet of all recent sales in the Millwater area that reviews the full range of resident transactions that have occurred.

	June 2017	May 2018	June 2018
Number of Sales	18	23	18
Median Sales Price	\$1,140,000	\$1,180,000	\$1,161,500
Highest Sale Price	\$1,570,000	\$1,425,000	\$1,650,000
Lowest Sale Price	\$865,000	\$880,000	\$708,000
Average % price to CV	* <sub>pre 2017 valuation</sub> 0.97	0.97	2.51
Average Floor Area (sqm)	277	228	246
Weighted Value Index	1317	1403	1384
Average Days to Sell	96	86	61

Disclaimer: These sales figures have been provided by a third party and although all care is taken to ensure the information is accurate some figures could have been misinterpreted on compilation. Furthermore these figures are recent sales from all agents in the area. Data is gathered from Property Guru and REINZ.

We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today.

Grayson Furniss  
**Franchise Owner**  
**MILLWATER**

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 grayson.furniss@mikepero.com



*Mike Pero* | REAL ESTATE

Mike Pero Real Estate, Licensed REAA (2008)

## propertytalk

Another month has flown by and we are seemingly starting the countdown to the end of the year, again! The local Millwater property market continues to perform well, with the best description of recent activity as 'stable'. The sales figures for this month back that up, with sales numbers and values at levels very similar to last June. It would have been nice to see the growth in sales volumes experienced over the last months continue, however this is the middle of winter and we expect to see this slow. That said, we have had some exceptional results on properties, proving that when we have the right buyer for the right house, great things can happen.

If we consider why the local market is more stable than other parts of Auckland, we can look to a number of factors that are unique here. We all know that Millwater is a great place to live; this is generally a quiet and safe environment, with good transport access and good schools. These factors are present in many other areas, though. We do know that the attraction of owning a new or near-new house is strong, with most of our buyers appreciating the benefits of this, so this may have some impact on maintaining demand locally. However, the key factor that maintains a level of balance in the market locally is the elasticity of supply.

We operate in a market where supply levels of new properties can change quite dramatically, if not particularly quickly. We have seen that, when the market was running hot throughout Auckland, local builders were keen to produce as many houses as possible. When the market slowed at the end of 2016, the same builders were less keen to produce the same high numbers. It took some time for this supply to slow, as most builders had purchased sufficient sites for them to continue building on for 6-12 months.

Supply levels were high throughout much of 2017 and the start of 2018, which we see had a definite influence on

slowing price growth through much of that period. Builders were having to sell at levels below ideal. As a result, some of them slowed their purchasing programme to reflect the lower demand and their existing stock levels. Some of this oversupply has now worked its way out of the market, with buyers now starting to comment on the lack of options in certain price brackets.

We have also seen a slight reduction in selling activity amongst existing homeowners. This area of supply has a much faster response to market conditions. There are now fewer owners looking to sell and purchase again in Millwater, as the financial advantages of doing so have now largely gone. The majority of owners now selling are doing so to leave Millwater, or Auckland, or are looking to change size or type of house; a set of more standard reasons to sell. This fluctuation in supply is highly price-driven and responds very quickly to market changes. This means that oversupply in the local market is usually short-term and only has a limited negative impact on prices. Indeed, it would appear that building and land costs are probably the most significant influence on sale prices – if sale prices don't allow for builders to make a margin, they simply build less.

The conclusion to all of this is that, short of some significant external influence, we see prices remaining stable locally. If building cost continues to rise, this is likely to drag the value of existing property up with it. As always, if you want to discuss any of this in more detail, or get a better idea of how this may impact on the value of your property, please give me a call.

*Grayson*

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Mike Pero

0800 000 525



A PLACE YOU'LL WANT TO CALL HOME!



[www.6wharescourt.com](http://www.6wharescourt.com)

**6 Whares Court, Millwater**

This is a home that is easy to fall in love with! Well constructed in brick and weatherboard featuring four double bedrooms, the master with ensuite and walk in wardrobe plus another full family bathroom. The open plan living, dining and kitchen area are neatly supplemented by another lounge, only a few steps down from the main part of the house. A large kitchen - with stone benchtops, gas cooktop and plenty of storage - is the hub of the home and enjoys a great relationship with outdoor living areas. The emphasis on well designed, easy care living is further evident in the flat grounds with mature landscaping, stunning patio and private entertaining space. If relaxing in a great home, in a great environment is your thing then make sure you move swiftly to view this property.

[www.mikepero.com/RX1544854](http://www.mikepero.com/RX1544854)



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Mike Pero

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BE THE ENVY OF YOUR NEIGHBOURS!



[www.2madisonterrace.com](http://www.2madisonterrace.com)

**2 Madison Terrace, Millwater**

If you have been searching for something a little bit special, with a few extra touches of class then this is the property for you! This stunning weatherboard home is the ex-showhome of The House Company and has been thoughtfully designed to be a great functional space with a high-spec finish. This is sure to impress many, so move quickly!

- 238m<sup>2</sup> home sits proudly on a 662m<sup>2</sup> (approx.) corner site with balance of masterbuild warranty
- three double bedrooms plus fourth bedroom/study on ground floor
- beautiful open plan living / dining opens out to sunny patio plus separate, second lounge with gas fire
- impressive kitchen with stone bench tops, quality appliances and walk-in-pantry

[www.mikepero.com/RX1533026](http://www.mikepero.com/RX1533026)



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# Mike Pero

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## THE TOTAL PACKAGE!

5 2 3

[www.13veracourt.com](http://www.13veracourt.com)

### 13 Vera Court, Millwater

There's a lot to love about 13 Vera Court, a warm and inviting home that's superbly located in a quiet cul-de-sac and is ideal for families of all shapes and sizes. No corners were cut and no details overlooked in the planning and construction of this stylish home, which forsakes nothing when it comes to functionality.

Five generously-proportioned bedrooms are complemented by a large family kitchen and three bathrooms. Open plan living/dining plus a separate living area on the lower level are perfect for entertaining and enjoy seamless indoor/outdoor flow. An additional living area upstairs provides extra space for the family to unwind. The outdoor area offers unrivalled privacy and a variety of different areas to choose from. Please call us for more information.

[www.mikepero.com/RX1369080](http://www.mikepero.com/RX1369080)



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## HIGH QUALITY, LOW MAINTENANCE SINGLE LEVEL IN MILLWATER

4 2 2

[www.73madisonterrace.com](http://www.73madisonterrace.com)

### 73 Madison Terrace, Millwater

This could be perfect solution- a beautifully constructed house, built with comfort and ease of living in mind. Built by the award winning team at Maddren Homes with balance of 10 yr Masterbuild Warranty - call us for more information.

- 4 double bedrooms including master with walk in wardrobe and ensuite
- spacious open plan kitchen, living and dining area opening out to private outdoor
- additional large separate lounge adjacent to living
- stunning open plan kitchen with breakfast bar and walk in pantry
- ducted heating / air conditioning throughout house for perfect temperature control

[www.mikepero.com/RX1522440](http://www.mikepero.com/RX1522440)



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**SPACIOUS, SINGLE LEVEL AND READY TO OCCUPY!**

4 2

[www.162wainuiroad.com](http://www.162wainuiroad.com)

### 162 Wainui Road, Millwater

Feeling the cold? Want something now? This 2 year old single level Millwater property is in better than new condition and ready to be occupied. Call us for more information.

- 201m<sup>2</sup> home on a fenced 660m<sup>2</sup> site (approx)
- open plan kitchen dining and living area with second lounge space adjacent
- easy flow to outdoor patio
- master bedroom with large walk in wardrobe and ensuite
- double internal access garage

[www.mikepero.com/RX1510418](http://www.mikepero.com/RX1510418)

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# Mike Pero

0800 000 525



**SECLUDED, SPACIOUS SINGLE LEVEL LIVING**

4 2 2

[www.11siblingcourt.com](http://www.11siblingcourt.com)

### 11 Sibling Court, Millwater

There are not many cul de sacs in sought after Millwater, so finding a sunny single level home on one is a rare treat. With enough grass for the trampoline and the kids to play plus outdoor areas for the adults to entertain, this home will cater well for a variety of family configurations. this is a must view - call us for more information.

- generous 214m<sup>2</sup> (approx) single level 3 year old home on a flat 645m<sup>2</sup> (approx) site
- large open plan living/dining area and separate second lounge area plus stunning kitchen with island bench
- master bedroom with ensuite, walk in wardrobe and own outdoor access
- balance of masterbuild warranty

[www.mikepero.com/RX1563850](http://www.mikepero.com/RX1563850)

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**Orewa - 41 Ascension Cres** 4 3 2   
**Easily maintained, easily owned!**

Enviably positioned close to popular schools and a host of amenities, this well-priced home represents a wonderful opportunity to establish yourself in a great location without having to break the bank to do so. Located in the heart of Orewa, this warm and inviting home boasts four double bedrooms, highly-functional kitchen and bathroom spaces and the added convenience of a separate laundry. An abundance of glass bathes the open-plan living and dining area in natural light, while sliding doors promote easy access out to the delightful grounds. Call now for more information.

**By Negotiation**



**Web** [mikepero.com/RX1533694](http://mikepero.com/RX1533694)



**Orewa - 13 Boocock Cres** 4 2 2   
**Stunning single level, ready for you to move in!**

This brand new single level Maddren home will wow you with its impressive monochromatic facade then wrap you up in warmth and quality once inside.

**Offers over \$1,150,000**

- stunning high spec property with quality fittings and workmanship
- additional stud and door height for that feeling of space and quality
- impressive kitchen with massive bench space, gas cooktop and island bench
- open plan kitchen, dining, living area flowing to covered outdoor living
- additional lounge / media room



**Web** [mikepero.com/RX1500576](http://mikepero.com/RX1500576)



**Millwater- 59 Madison Tce** 5 3 2   
**Larger than life & With Granny Potential**

In a family friendly area close to popular schools, safe parks and convenient public transport routes, this spacious home is presented to the market by motivated vendors. The two bedrooms on the ground floor come with easy access and gorgeous finish. They have their own sitting room, bathroom and separate entry. The granny potential is ideal for extended family or your teenagers wanting their own pad. Further accommodation is provided by three bedrooms upstairs (master with ensuite) plus an additional living area. Call Max now for more information.

**\$1,349,000**



**Web** [mikepero.com/RX1469635](http://mikepero.com/RX1469635)



**Millwater-48 Colonial Dr** 5 3 2   
**Grab this opportunity with both hands!**

Is great design and build quality important to you? Are you seeking a quiet location with great orientation to the sun with the added bonus of estuary views and flow to outdoors? Then this has to be on your "must view" list!  
 •2 level family home with estuary views  
 Are you ready to move in, relax, and enjoy the Millwater lifestyle? Here's your chance.

**By Negotiation**

Expected completion in August/September 2018. Image is indicative only, it is not the actual design.



**Web** [mikepero.com/RX1504210](http://mikepero.com/RX1504210)

Mike Pero

0800 000 525



**SOLD**

**STUNNING MILLWATER HOME WITH A POOL**

4 2

[www.85harrisdrive.com](http://www.85harrisdrive.com)

**85 Harris Drive, Millwater**

This is a fantastic opportunity for someone to get in touch with their inner-child or at least become a hero to family and friends, when they become the lucky owner of this stunning Millwater property.

- two year old Generation Homes with balance of masterbuild Warranty
- generous 222m2 home on large 654m2 (approx) flat fully fenced site
- in-ground 8x4 fibreglass saltwater heated pool with LED lights and covered cabana area, ideal for spa and bar
- open plan living with stunning kitchen, island bench and walk-in pantry, opening out towards pool
- additional separate lounge area, opening to another covered patio

[www.mikepero.com/RX1478949](http://www.mikepero.com/RX1478949)



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Mike Pero

0800 000 525



**FOR QUALITY, SPACE AND LOCATION - YOU CAN'T LOOK BEYOND THIS!**

4 2 2

[www.21botanicaldrive.com](http://www.21botanicaldrive.com)

**21 Botanical Drive, Millwater**

You'll love the quality touches apparent all throughout this four double bedroom, brick and weatherboard home in Millwater. It boasts all the features you would expect from a home of this calibre including double glazing, an entertainer's kitchen with walk-in-pantry and quality appliances. The heart of the home is definitely the open plan kitchen and large family/dining room which extends out through to multiple outdoor living spaces creating superb indoor-outdoor flow - the perfect space for you to relax and watch your children playing in safety and privacy. The main bathroom and ensuite benefit from underfloor heating. A separate formal lounge completes the features available in this genuinely family-centred home. Call Grayson or Sarah for more information.

[www.mikepero.com/RX1449360](http://www.mikepero.com/RX1449360)



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# Summer Sports Ahead!



The Hibiscus Coast Softball Club (HBCSC) is gearing up for another exciting season ahead. Plans are underway for starting the season with a Gala Day and a 21st year in operation celebration, on Saturday 15th September. The gala will give you and your children the chance to try your hand at the game of softball; or, for our younger people, a modified form of the game, tee-ball.

## Softball on the Coast:

Softball is a summer sport played by male and female, starting from Under 6's right through to senior competitive and social grades. Our teams train locally on the Hibiscus Coast once or twice a week. All games are played out of Rosedale Park, Albany, on a Saturday. Our junior games take around one hour to complete, with

senior games having an hour and half-time limit.

The season runs from October through to March, with a break over the Christmas period.

HBCSC encourages participation across all abilities. Whether you are a seasoned pro or just starting out, HBCSC has a team for you.

HBCSC also offer coaching, management, scoring and umpiring opportunities within our club. There are loads of good things about being involved with our club:

- Be recognised as a person who supports a great club and is associated with the club in a positive way
- Gain experience in managing a group of people
- Upskill your own skills or help other Softball players
- Develop Personally: Being involved with Softball will see your personal confidence grow
- Qualifications - Start on the pathway to be a qualified coach. HBCSC work with Softball NZ to get you the best support
- Grow your Friendships, skills and have loads of fun!

So, there you have it! Make Softball your sport of choice this summer season!

For further information please visit our website <http://www.hbcsoftball.org.nz> or Facebook page <https://www.facebook.com/hbcsoftballclub/>. Or contact our Secretary [secretary@hbcsoftball.org.nz](mailto:secretary@hbcsoftball.org.nz)

## Rodney boy returns to Orewa for one-off concert



Highly versatile and entertaining singer Julien Van Mellaerts, baritone, is a Rodney student returning from international success to Orewa for a one-off concert.

About Julien:

When Julien Van Mellaerts was 11

years old he began music lessons with Orewa music teacher, Neville Nielsen, who taught him until he went to Otago University. Julien was living at Matakana at the time and travelled once or twice a week to Orewa for lessons.

He progressed through the graded music exams and gained diplomas in both singing and piano. He gave his first solo performances as a 12-year-old, and then through his teenage years gave concerts and performances in Orewa as well as around Auckland and Northland. Because of his exceptional versatility and engaging personality, he created quite a following.

After completing a B.Mus. with First Class Honours in vocal and piano performance, and a B.A. in languages from Otago University, he moved to London to further his studies at the Royal College of Music.

Last year he graduated from the Royal College of Music International Opera School. On graduation, he was awarded the Tagore Gold Medal which was

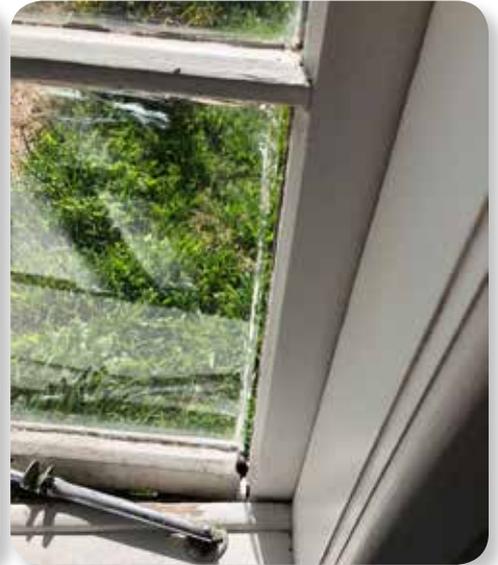
presented to him at a special ceremony in March by HRH Prince Charles. He has also won a number of prestigious international music awards.

Also, in 2017 Julien won first prize at the 2017 Wigmore Hall/Kohn Foundation International Song Competition, first prize in the 2017 Kathleen Ferrier Awards, the Kiwi Music Scholarship, and a Countess of Munster Award for 2016/2017.

Julien has now embarked on a professional career and has been engaged by NZ Opera for the role of Schaunard in their upcoming production of Puccini's opera *La Bohème* in the Aotea Centre in September. While in Auckland he has offered to give a concert in Orewa in the Orewa College Auditorium.

A highly versatile and entertaining performer, his programme will range from classic arias and art songs to sacred, national and popular songs. **See Page 4 for full event and ticketing information.**

# EUROBUILD MAINTENANCE



## Winter Windows

Winter is in full swing and the weather has been getting colder. With older houses that have wooden joinery, you can sometimes experience problems with draughts occurring from old and damaged doors and windows. Cracked windows not only cause draughts but can be dangerous for those opening and closing them. Broken and damaged hinges and latches can create problems with opening and closing the doors or windows, making it difficult to close properly and in many cases leaving gaps for air to flow freely.

The problem with glass windows and doors is that they tend to let a lot of the warmth escape from your home. The heat from the warm air in your home is drawn out through the glass and escapes, meaning you spend more on heating. In modern homes this is reduced by installing double glazing. In older properties with single glazing it is important to manage the heat losses using curtains and drapes. Having cracked glass or damaged frames can dramatically increase these heat losses.

It is therefore important to maintain your home and have these doors and windows repaired to increase the warmth and comfort through the winter months. Installing foam or rubber seals around windows can help create a better seal and can usually reduce these heat losses. Cracked glass can cause a number of issues, so a glazing specialist can be organised to have broken glass replaced.

Cracks and damage to door and window frames can be repaired and having an experienced tradesperson restore them can be a great investment, saving a lot of money on heating through the colder period of the year.

Talk to a professional about restoring and maintaining your wooden doors and windows and enjoy the warmth and comfort along with potential power savings. For a free no-obligation quote call Nick on 09 947 5927 or visit [www.eurobuild.co.nz](http://www.eurobuild.co.nz)

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# CENTRAL'S TIPS

## AUGUST 2018



The end of winter is in sight and it's time to plant potatoes and sow tomato, capsicum and zucchini seeds indoors.

Prune hydrangeas, plant hedges and borders and clear areas with planted bulbs to help them grow.

### IN THE VEGGIE PATCH

- **Plant sprouted seed potatoes** by digging a trench and cover lightly with soil. Every few weeks 'hill' up the soil as plants grow
- **Sow tomato, capsicum and zucchini seeds indoors** or under cover
- **Lift mint and give the roots a trim**, then replant. Mint increases its root size very quickly in proportion to its foliage growth
- **Rosemary varieties can make a great hedge** or border and its blue flowers brighten the winter vegetable garden.

### LAWNS

- A gentle but effective early fertiliser for lawns is **Garden Supreme**
- **Avoid mowing very wet lawns** until they have dried out a little.



#### Rosemary makes great hedges and garden borders

With its pretty blue flowers and delicious taste get some rosemary into your garden!



#### Plant Potatoes

Plant sprouted potatoes in a trench and lightly cover with soil, every few weeks hill up the soil about halfway up the stem to get a better potato crop.

### THE REST OF THE GARDEN

- **Prune hydrangeas** and apply lime around the bush to encourage pink flowers, or Aluminium Sulphate for blue. If you are planting white flowered types avoid full sun – they look best in dappled shade
- Late August is a great time to **plant hedges** and **perennial borders** for the summer garden. Mulch after planting
- **Clear areas** in the garden where bulbs and deciduous plants are poking through the soil again – exposes them to the sun to encourage growth.



#### Sow tomato, capsicum and zucchini seeds indoors or in a covered area

Now's the time to plant your spring produce like tomatoes, capsicums and zucchini. Put them into pots or containers and leave them somewhere warm to germinate, watering daily. They should sprout up within 2 weeks.

# holiday destinations

## Kia Ora. WELCOME TO ROTORUA NEW ZEALAND

A couple of weeks ago I decided that we needed a weekend away, so we headed off for Rotorua, my birth place, but a place full of natural wonders and excitement, along with awesome food.

We arrived late Friday night and I booked us in at the Holiday Inn, which overlooked the back of Whakarewarewa. It was great to wake up with all the steam and bubbles.

The next day we were up and had the most amazing breakfast at Capers of Rotorua. If you are after a hearty healthy breakfast, this is the place to eat and their healthy slices are so good!!

First stop of the day was Orakei Korako "The Hidden Valley" which is about 45 minutes out of Rotorua. Orakei Korako boasts the most active geysers of any geothermal park in New Zealand. Up to 23 active natural geysers play freely through the area, which is constantly changing. Marvel at the number of boiling hot springs and the vibrant colours all around you, or take a native bushwalk through this untouched geothermal paradise.

Then we headed to Taupo for a quick drive and a look around Huka Falls and the lake before heading back to Rotorua just in time for the attraction I had been waiting to see. We arrived just on 5.00pm as the sun was setting and the beautiful lights were coming on.

We were at the Redwoods Treewalk and it is the most amazing walk through these massive trees I have ever done. It is all done by swing bridge from tree to tree with big platforms. Everything was made and designed in Germany by a local resident in Rotorua who wanted to share his love of these amazing trees. At night time, the forest comes alive with 30 lanterns and feature lights – it is so cool!

The next morning, we once again had a yummy breakfast at Capers and then headed for the Redwoods to do the Treewalk in the daylight – and it gives you again a different perspective on being amongst these trees, which are over 116 years old, and the amazing forest floor below.

So, if you are after a great weekend away with awesome fun things to see and do, Rotorua is it!

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# Cooking?? Who has time for that?



A recent study, published in the Australian and New Zealand Journal of Public Health, has shown that nearly half of all New Zealanders will be clinically obese within 20 years. The primary causes for these alarming statistics are junk food and sedentary lifestyles. These are issues we can change!

Auckland University Professor Boyd Swinburn has estimated that the annual healthcare costs of overweight and obesity-related conditions are now about \$1 billion, including lost productivity. As Benjamin Franklin once said, "An ounce of prevention is worth a pound of cure."

Cooking is a great way of shaping our own health future and falls firmly into the 'prevention' category. When we are reliant on food manufacturers and fast food chains to feed us, we essentially hand over control of our health to them. Food Industry marketing has convinced us that cooking is too hard, too time-consuming and that they can do it better.

Not so! Cooking is such a vital a life-skill and one that is of enormous benefit to our children. It will have a huge impact on their health as they grow into adults. Studies show that the

habits we establish in childhood are what we carry through into adulthood.

Cooking together with your children is a wonderful opportunity to teach them about healthy food. It offers them a way to contribute to the family and provides a platform to talk about their day. They learn how to eat a variety of foods and experiment; they can learn maths skills, organisation skills, showcase their creativity – and have fun!

Results of a study completed by the University of Cambridge showed that "Cooking dinner frequently at home is associated with consumption of a healthier diet." It saves money; allergies or food sensitivities can be easier to manage, and studies show that eating together as a family encourages better relationships as well as healthier eating habits. The time you invest in the kitchen can pay significant health dividends.

If you would like help with creating new habits, learning some new cooking skills and planning a nutritious way of eating, contact me at [paula@nutritionssense.co.nz](mailto:paula@nutritionssense.co.nz)

by Paula Southworth  
Nutritionist from NutritionSense  
(BSc Human Nutrition and Sports Science, Massey University) [www.nutritionssense.co.nz](http://www.nutritionssense.co.nz)

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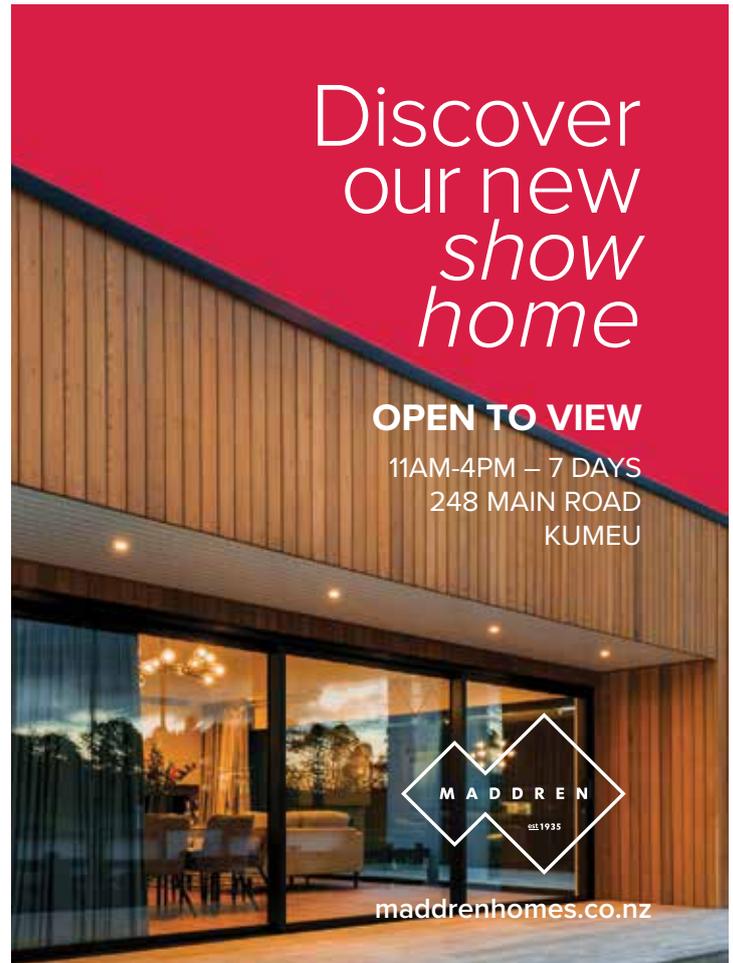
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Thu 2 Aug	04:49 0.6 m	10:58 2.8 m	16:58 0.6 m
Fri 3 Aug	05:31 0.6 m	11:39 2.8 m	17:41 0.6 m
Sat 4 Aug	00:07 2.8 m	06:15 0.6 m	12:24 2.7 m
Sun 5 Aug	00:53 2.8 m	07:02 0.6 m	13:14 2.7 m
Mon 6 Aug	01:43 2.8 m	07:55 0.6 m	14:11 2.7 m
Tue 7 Aug	02:38 2.8 m	08:54 0.5 m	15:14 2.8 m
Wed 8 Aug	03:39 2.8 m	09:56 0.5 m	16:19 2.9 m
Thu 9 Aug	04:42 2.9 m	10:58 0.4 m	17:21 3.0 m
Fri 10 Aug	05:45 3.0 m	11:58 0.2 m	18:20 3.2 m
Sat 11 Aug	00:28 0.3 m	06:46 3.1 m	12:54 0.1 m
Sun 12 Aug	01:24 0.2 m	07:43 3.2 m	13:47 0.1 m
Mon 13 Aug	02:18 0.1 m	08:37 3.3 m	14:39 0.1 m
Tue 14 Aug	03:11 0.1 m	09:29 3.3 m	15:30 0.1 m
Wed 15 Aug	04:02 0.1 m	10:20 3.3 m	16:20 0.1 m
Thu 16 Aug	04:53 0.2 m	11:10 3.2 m	17:10 0.2 m
Fri 17 Aug	05:43 0.3 m	12:00 3.1 m	18:02 0.4 m
Sat 18 Aug	00:22 3.0 m	06:33 0.4 m	12:51 2.9 m
Sun 19 Aug	01:13 2.9 m	07:25 0.5 m	13:46 2.8 m
Mon 20 Aug	02:05 2.7 m	08:20 0.7 m	14:43 2.7 m
Tue 21 Aug	03:00 2.6 m	09:18 0.7 m	15:42 2.6 m
Wed 22 Aug	03:55 2.6 m	10:16 0.8 m	16:39 2.6 m
Thu 23 Aug	04:51 2.6 m	11:10 0.7 m	17:31 2.7 m
Fri 24 Aug	05:44 2.6 m	11:59 0.7 m	18:18 2.8 m
Sat 25 Aug	00:20 0.7 m	06:33 2.6 m	12:43 0.6 m
Sun 26 Aug	01:03 0.7 m	07:17 2.7 m	13:23 0.5 m
Mon 27 Aug	01:44 0.6 m	07:58 2.8 m	14:01 0.5 m
Tue 28 Aug	02:23 0.5 m	08:37 2.8 m	14:38 0.5 m
Wed 29 Aug	03:02 0.5 m	09:15 2.9 m	15:15 0.4 m
Thu 30 Aug	03:41 0.4 m	09:53 2.9 m	15:53 0.4 m
Fri 31 Aug	04:20 0.4 m	10:32 2.9 m	16:33 0.5 m



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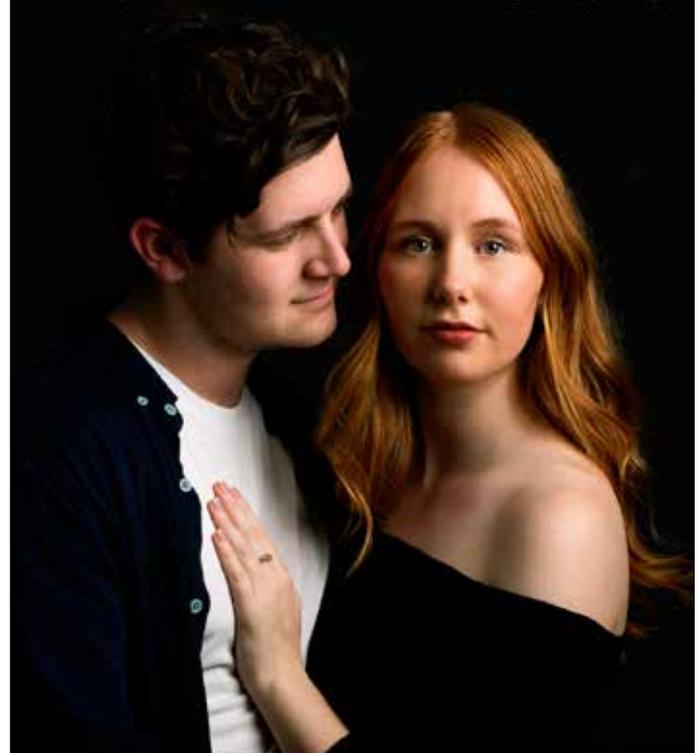
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# tim **lawrence** fishing spot



Spring is just around the corner, the days are starting to get a little longer and it's already getting warmer. It won't be long before that Hauraki fires up again for the summer. Now is the best time to get your boat in for a service before the peak of the season.

This month, we had Magpie up on some old tyres on the driveway to complete some long overdue maintenance on the trailer. We spent two days on angle grinders removing rust before applying rust killer, etching primer and two coats of galvanised paint. The trailer also got a new warrant, with new wheel bearings and brakes. We're all ready for summer.

August has really good moon phases for fishing. The weekend of the 4th and 5th also has low tide times coinciding with the change of light at both ends of the day. This will be the weekend to watch for a westerly wind so that you can fish the change of light (sunrise/sunset), during the last of the outgoing tide and with the wind and tide going in the same direction. These are my favourite conditions to fish the northern channel of Kawau Island. Invest time to locate fish on your sounder by zig zagging along one of the reefs parallel to the shore. Once you have located some good sign, motor about 30-40m up-current from the sign and set your anchor. The fish will swim up from the reef, up to your burley trail. Strayline with whole pilchard, mullet or fresh trevally. The big fish will be right at the back so use small weights, enough to get your bait to the bottom but light enough to settle the bait a good 20m behind the boat. You may even get the odd kingfish.

I will be making my way home from a week's fishing in Tonga as you read this month's article. Hopefully I will have a good story to tell. Until then, enjoy your winter.

Tight lines!



Join us for services throughout the month:

**St Chad's, Orewa**  
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Wednesday 9:30am

**Christ Church, Waiwera**  
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**Holy Trinity, Silverdale**  
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# A MESSAGE FROM YOUR FEET

## Please wear better shoes



If you are like most Kiwis, putting your feet into poorly-fitted shoes or taking your jandals out to do all your daily jobs or, even worse, walking around all day in pointy-toed high heels, your feet are not happy with you!

If your feet could talk they would tell you enough is enough! They carry you around all day and, by the time you reach 50, you have travelled 112,000 kms together and they support about 450kgs of force every day. They would ask you to take better care of them and it is mainly about the shoes.

Many people follow fads with footwear and don't pay attention to what is good for their feet, but if you develop a problem with your feet you soon realise the value in taking care of them.

Did you know that, right here in little old Silverdale Village, there is a shoe shop like no other shoe shop in NZ? Right on your doorstep you have a specialist shoe shop that sell sports shoes for men and ladies and kids.

Most importantly, they sell orthotic footwear that is good for your feet and they are the only Australasian Outlet Store for two world-famous footwear brands of orthotic shoe: Scholl Orthaheel and Vionic.

Team Rhapsody are open 7 days a week and they have their own carpark just for you!

If they do not have exactly what you need they will get it for you but, believe me, their selection is huge and, unlike other shoe stores, they carry a good selection of summer styles through winter, so you have a nice choice of different silhouettes for your summer holiday overseas.

Pop in and say 'Hi' at 24 Silverdale Street, just opposite the Bendon Outlet and be prepared to be surprised. Ph 09 426 7100

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We offer leading edge design, affordable build costs, local products, local builders, quality craftsmanship and a trusted team. Our value is second to none.

We believe design is the key to a happy home owner. Great design will create a home your family will love to live in.

Our designs are generous in both proportion and finish - no wasted space or dark corners. They are light and bright with high ceilings and big windows. Our homes are all about lifestyle.

### Our Peace of Mind Policy

Madison Park Homes takes the 'hit and miss' out of building.

We make the journey as stress-free as possible giving you transparency, price certainty and clarity, together with the highest level of quality and service. You know you can depend on us through every phase of your build.

Madison Park Homes is a building partner you can trust.

**Never Ordinary** means your home will capture your flair, your needs, your personality and will be unique to you. We will work with you to achieve this and make the process enjoyable.

We engage some of the best architects in the business. Our **Never Ordinary range** provides clients something different and unique. Our **Competitive By Design range** combines budget and good design to achieve the ideal dream home.



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Madison Park Homes are Master Builders. You know you can rely on us for a quality build, open lines of communication and a fully transparent process, especially around our atten-

tion to cost. Our builds are environmentally friendly, healthy homes incorporating the latest build technology making best use of cooling, airflow, energy and insulation systems.

We can help you optimise your own section or lifestyle block or build a home on land we own in north and west Auckland. Madison Park Homes has the capacity and ability to work one-on-one with you to personalise one of our plans to your exact needs.

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# TRADIE OF THE MONTH

## with Maddren Homes



She's mysterious, can inspire people to work on Saturdays at short notice and is an expert at getting clients out of a pickle. While she's not Wonder Woman, Sara from Safety Nets is as close to a superhero as you can get, and also Maddren Homes' Tradie of the Month. When an install date comes in at short notice, she moves heaven and earth to make it happen using her calm and unflappable communication skills. And it's this can-do attitude that deserves recognition.

Well done Sara; you've earned yourself a little something from Western ITM!

An advertisement for Mike Pero Real Estate. It features a man in a grey jacket sitting on a red motorcycle against a backdrop of snow-capped mountains and a blue sky. The text reads: 'From the Far North to the Deep South', 'There's a Mike Pero agent nearby to help sell your greatest asset. So when you're ready, we'll be there.', 'Our People Your Places', 'mike Pero | REAL ESTATE', and '0800 000 525 • mikepero.com'.



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<sup>^</sup> Offer is applicable on a Standard Eye Test at OPSM plus a digital retinal scan. Available for Southern Cross Health Society members only (excludes travel insurance policy holders). Please present your Southern Cross membership number or card to redeem offer. Subject to appointment availability. Excludes contact lens examinations. Offer only available once per eligible member every two years. Offer is not transferrable to another person. \*Excludes eye tests and contact lens consultations and designer brand frames and sunglasses by Chanel and Maui Jim products. Health fund discounts are not available in conjunction with any other offer, discount or benefit other than the Southern Cross Health Society Easy-Claim.

# Planning for Special Needs



We have a teenage daughter with special needs. Our lives have been focused on taking care of her and worrying about her future – we want her to live a life of dignity, quality and purpose. In addition, we do not want our son burdened with caring for his sister and being unable to live his best life. We had to create a plan for her – so she can live her dreams, even after we are gone.

As parents of children with special needs, we share a common thread of concern around their future. My vision is to help families with individual options that are available and use my expertise to lessen their load.

My accounting qualification, financial adviser background, research, planning, and connections with communities and organisations allows me to specialise in this sector. I will take the time to develop the best solution for you.

Pop in to my stand and have a chat. A little bit of your time can make a huge difference.

MiRock Financial Services – Life Happens – make sure you plan for the unexpected!

(Look out for and join our Facebook community)

*Valentina Pereira is a Registered Financial Adviser and a Chartered Accountant with the Institute of Chartered Accountants in England & Wales. The comments above are not intended to be personal advice. If you would like to discuss the contents of this article, please contact her on [valentina@mirockfs.co.nz](mailto:valentina@mirockfs.co.nz) or 021 627 802*

MiRock Financial Services is excited to be part of the FREE Transition Expo 2018, organised by Disability Connect and the Ministry of Social Development. This event hosts coordinators, vocational programmes, tertiary institutions, sport/leisure/recreation and information providers to help families with children and/or young adults with special needs make post-school choices. It's on Tuesday 7th August 2018 from 9am-2pm at Auckland Netball Centre, St Johns.

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- Think you are young, fit and healthy and nothing can go wrong?

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# Visiting your Lawyer - New identification Requirements



From the 1st of July, the way we do business with you, our clients, is required to change. We need to get to know you better!

On the 1st of July, phase 2 of changes brought about by the Anti-Money Laundering and Countering Financing of Terrorism Act 2009 (AML) came into effect. All law firms are required to comply with this legislation.

## What does the AML mean for our relationship with you?

Historically, when you have come to see us, and during the course of our relationship, we will have asked to see some form of identification. Depending on whether you were buying a house, selling a business, forming a trust or putting your personal affairs in order, we might have asked you for further information. Now, as part of our due diligence under the AML, we are required to ask all of our clients for further information,

and to verify that information, so we really know who you are. We will need to see the information up front, usually before we can commence work for you.

## Here's how we can help each other out

Before you come to see us, gather together a few documents. This will make the process of verification and getting to know you more efficient and allow us to spend time on the matter at hand.

For all people involved, gather together the following (where you can) so we can verify your full name, date of birth and address:

Passport; or  
Drivers licence; and a  
Current bank statement (with your address); or  
A Rates demand.

If the transaction involves a company, we will require this information from each of your directors, key shareholders, and those who make decisions on behalf of the company. If money is involved, we are likely to require further information which confirms the source of your funds.

In the world of electronic transactions where life has become more impersonal, we are getting back to the personal and ensuring we really get to know you. If you have any questions do not hesitate to call us on 09 421 0559.

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Orewa Medical Centre	09 426 5437
The Dental Suite	09 426 5262
Silverdale Family Dentists	09 972 1406
Millwater Dental	09 972 1518

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Advertise in The Millwater Mag and feature here for free!

# millwater recipes



## Moroccan Couscous Salad (10 portions)

### Ingredients

400gms couscous  
 70mls extra virgin olive oil  
 550mls vegetable stock (water & Vegeta)  
 4 red onions (roasted)  
 5 cloves roasted garlic  
 200gms raisins (soaked)  
 200gms from jar of roasted red peppers (drained of liquid & sliced)  
 200gms drained Kalamata olives, pit in  
 150gms sundried tomatoes (sliced & removed from the oil)  
 50gms chopped fresh coriander  
 150gm whole roasted almonds  
 70mls extra virgin olive oil (for garlic & red onion)  
 80gms Moroccan spice  
 5gms turmeric  
 15mls fresh lemon juice  
 Salt and ground black pepper

### Method

Add approximately 30gms Vegeta to 500mls of boiling water. Place couscous in medium-sized saucepan. Add turmeric, Moroccan spice, 4 halved cardamom pods, olive oil to couscous, mix well. Pour boiling stock onto couscous (stock is 2cm over top of couscous), combine well with fork making sure there are no lumps. Tightly Glad Wrap, allow to sit 10-15 minutes. Remove Glad Wrap, break up well so no lumps exist. Top raisins w- 500mls boiling water, allow to sit 20 minutes, remove from water, add to salad. Place garlic in small frying pan with 35mls olive oil, place in 180c oven until soft, finely chop, add to salad. Roast almonds in 160c oven until toasted, add to salad. Peel and halve the red onion, slice onion into 5mm wedges. Place in oven tray with 35mls olive oil, roast at 180c until soft, add to the salad. Add all other ingredients to salad, mix well. Check seasoning and serve with your favourite protein.

Recipe from [www.culinarylane.co.nz](http://www.culinarylane.co.nz)  
 Mark Lane | Culinary Lane



## Baked Japanese Curry Rice with Cheese

(Warning: not suitable if you are on diet!)

### Ingredients

2 cups of rice, cooked  
 400g chicken thighs, cut into thin long pieces  
 1 onion, diced  
 100-150g of Japanese curry block  
 Shredded Cheddar and Mozzarella Cheese

### To Make

1. Pan-fry chicken thighs in medium heat until golden brown, ideally a bit crispy. Put aside
2. Pan-fry onion until soft, add 1 litre of boiled water
3. Dissolve curry block in (2)
4. Pour chicken into curry and cook for about 5 minutes
5. In a large oven-proof container, lay rice at the bottom, then cover with curry. Sprinkle as much cheese as you like on top
6. Grill in 220-250c oven until cheese has turned golden brown
7. Use a knife to cut into 6-8 square portion. Serve hot

\*You can add some frozen corn and peas to make this a little bit healthier

Happy Cooking!!

Nita Wong ([nita.millwater@gmail.com](mailto:nita.millwater@gmail.com))

# Free Dental Care for Teenagers



Every adolescent from Year 9 at school (generally 13 years old), all the way up to their 18th birthday, is entitled to free dental care under the Adolescent Oral Health Services scheme, regardless of whether or not they are still at school, working, in an apprenticeship or at university early.

What treatments are covered by this scheme?

Each adolescent is entitled to one free dental examination per year. If our dentists determine that subsequent appointments will be necessary for treatment, the scheme will cover general dental work like fillings, cleanings, tooth extraction, fissure sealants and more. The scheme does not cover braces or any orthodontic treatment; but, if this is something your teenager is interested in, we will be able to refer you to an excellent Orthodontist. Treatment needed as a result of an injury or accident is also not covered, but in this case funding through ACC will apply.

How do I enrol my child?

Visit us at the clinic, or call us on (09) 426 5262, and tell us that you'd like to enrol your teenager for the Adolescent Oral Health Services. The process itself is very simple. We'll have a Ministry of Health enrolment form ready for you to fill in and sign. Your child will then be registered - easy! We will deal with the paperwork, making it simple for you to give your child access to important dental care at absolutely no charge! It will set them up for life.

The Dental Suite | Silverdale

Establishing good oral health as a young person goes a long way towards keeping your mouth and teeth healthy all your life. To ensure everyone is able to do this easily, New Zealand has publicly funded dental care, available to our young people through the Adolescent Oral Health Services at the Ministry of Health. Here at The Dental Suite, we're proud to be among the New Zealand dentists who are registered providers of this awesome scheme.

Educating young patients on their oral health, and preventing or treating tooth decay in adolescents, is a crucial way of shaping our community and the dental health of the next generation of Kiwis. This scheme is a very rewarding area of our practice and we are very passionate about it!

Is my teenager entitled to free dental care?

## EXPERIENCE THE DIFFERENCE



THE DENTAL SUITE  
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Suite 6,  
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## Darling is an Asia



There was a very popular real-life comic in Japan called “Darling is a Foreigner”, where a Japanese-American couple share their funny stories about culture crash and how they mould themselves to fit into each other. I have stolen this idea and changed it to “Darling is an Asian” – in a Millwater version.

Helen and Wayne are a lovely couple who have lived in Millwater for 3.5 years. While Helen is a stay-at-home mum, Wayne is a busy man running a promotion products business called Tell and Sell. They met in Tauranga many years ago, when Wayne had just returned from seven weeks’ high-level table tennis training in China.

One day his flatmate told him she had met a very lovely girl. “How lovely?” Wayne asked, and that led him to meet his future wife Helen.

Helen’s parents were in shock when they learnt she is going to marry a foreigner.

“I learnt to cook Chinese food to please her parents; I still remember those days her mum stood behind me with arms crossed, instructing me how to cook.”

One day in China, Wayne was trying to prepare dinner for the family. He always used an electric cooktop in New Zealand, so a gas fire was a new thing to him. “I didn’t know the wok could become so hot with the fire; when I poured the vegetables into the wok it caused a high flame, almost reaching the ceiling. It

was very scary!” It would not have been a good impression to burn down the family home!

When asked “What is the hardest part about marrying a woman with a totally different background,” Wayne had a long think



and said, “Although our backgrounds are different, we are like-minded people and therefore we always get on very well. In fact, I think my in-laws had to give up more to adjust to me. They felt uncomfortable because we cannot communicate in the same language. It also took them a few years to accept their daughter is no longer living around them.”

On the other hand, Helen found her Kiwi in-laws more relaxed and she always feels comfortable with them. Well, I am not surprised!

At the beginning, Wayne found some of the Chinese customs very weird and somehow silly. But, when he learned about the reason behind those rituals and taboos, he began to accept and respect them. During the interview, he repeated a few times “When you don’t understand the language, it can sound intrusive. However, do not prejudice other peoples’ culture before you even try to understand it.” Such wise advice.

Do you live in Millwater, married to an Asian and have interesting stories to share with the community? Please contact me at nita.millwater@gmail.com or PM me through Facebook.

Looking forward to hearing from you!

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